

Archbishop Holgate's School Core Physical Education Curriculum Map Y7-Y11

Activity	Skills	Year 7	Year 8	Year 9	Year 10/Year 11	Links to Assessment Criteria
		School Values Justice – Compassion – Trust - Forgiveness	School Values Justice – Compassion – Trust - Forgiveness	School Values Justice – Compassion – Trust - Forgiveness	School Values Justice – Compassion – Trust - Forgiveness	
	Skills 4 Life Communication Resilience Problem Solving Working with Others Creativity	AG&T – Links to EC Activities & Differentiated Tasks	AG&T – Links to EC Activities & Differentiated Tasks	AG&T – Links to EC Activities & Differentiated Tasks Primary PE	AG&T – Links to EC Activities & Differentiated Tasks	
		Emphasis – Performing at maximum levels, Understanding Recommended levels	Emphasis - Developing Skills & Outwitting Opponents	Emphasis – Coaching, Officiating & Leading	Emphasis – Making informed choices about healthy, active lifestyles	
Net & Wall Games	- Outwitting an opponent - Accurate Replication - Evaluate & improve - Developing physical & mental capacity - Exercising safely - Leading healthy lifestyles - Making & applying decisions	- Badminton - Tennis - Volleyball - Pickleball	- Badminton - Tennis - Volleyball - Pickleball	- Table Tennis - Badminton - Tennis - Volleyball - Pickleball	- Table Tennis - Badminton - Tennis - Volleyball - Pickleball	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Invasion Games	- Outwitting an opponent - Accurate Replication - Evaluate & improve - Developing physical & mental capacity - Exercising safely - Leading healthy lifestyles - Making & applying decisions	- Basketball - Football - Netball - Rugby	- Basketball - Football - Netball - Rugby	- Basketball - Football - Netball - Rugby - World Sports (Handball, Lacrosse, Ultimate Frisbee, Spike ball)	- Basketball - Football - Netball - Rugby - World Sports	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Striking & Fielding Games	- Outwitting an opponent - Accurate Replication - Evaluate & improve - Developing physical & mental capacity - Exercising safely - Leading healthy lifestyles - Making & applying decisions	- Rounders - Cricket - Danish Longball - Softball	- Rounders - Cricket - Danish Longball - Softball	- Rounders - Cricket - Danish Longball - Softball	- Rounders - Cricket - Danish Longball - Softball	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication

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OAA (Outdoor Adventurous Activities)	• Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions	• Orienteering • Residential • Team Building	• Orienteering • Enrichment week • Leadership	• Orienteering • Enrichment Week • Leadership	• Enrichment Week • Leadership	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Dance & Gymnastics	• Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions	• Dance – Canon and Unison, Rhythm, timing and motifs. • Gymnastics - Floor	• Dance – Dances from around the world. (Cheerleading, Bollywood, Charleston, Haka) • Gymnastics - Flight	• Trampolining • Gymnastics – Flight, Sports Acrobatics	• Trampolining	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Swimming	• Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions	• Skill & Technique Development/Water Confidence • Rookie Lifeguard (AG&T)	• Skill & Technique Development/Water Confidence • Skills Circuits (Lifesaving/Personal Survival)	• Lifesaving & Personal Survival • Synchronized Swimming • Water Polo • Aqua Aerobics		GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Athletics	• Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions	• Track & Field • Cross Country	• Track & Field • Cross Country	• Track & Field • Cross Country	• Track & Field • Cross Country	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Fitness	• Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles • Making & applying decisions	• Warming Up and Cooling down • Effects of exercise • Components of Fitness • Fitness Tests	• Components of Fitness • Methods of training	• Fitness Suite Safety • Principles of Training	• Fitness Suite Safety • Fitness Programming • Fitness Classes	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication
Enrichment Activities	• Outwitting an opponent • Accurate Replication • Evaluate & improve • Developing physical & mental capacity • Exercising safely • Leading healthy lifestyles	• Restart a Heart Week (CPR training) • Interhouse (Cross country, Basketball, Football, Netball, Orienteering, Swimming, Rounders,	• Restart a Heart Week (CPR training) • Interhouse (Cross country, Basketball, Football, Netball, Orienteering, Swimming,	• Restart a Heart Week (CPR training) • Interhouse (Cross country, Basketball, Football, Netball, Orienteering, Swimming, Rounders,	• Restart a Heart Week (CPR training) • Interhouse (Basketball, Football, Netball, Rounders, Danish	GCSE PE AQA Practical 1-9 Criteria OCR Sport Physical Intelligence Attitude Respect Communication

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	Making & applying decisions	Danish Longball, Sports Day) Enrichment Week	Rounders, Danish Longball, Sports Day) Enrichment Week	Danish Longball, Sports Day) Enrichment Week	Longball, Sports Day) Enrichment Week	
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